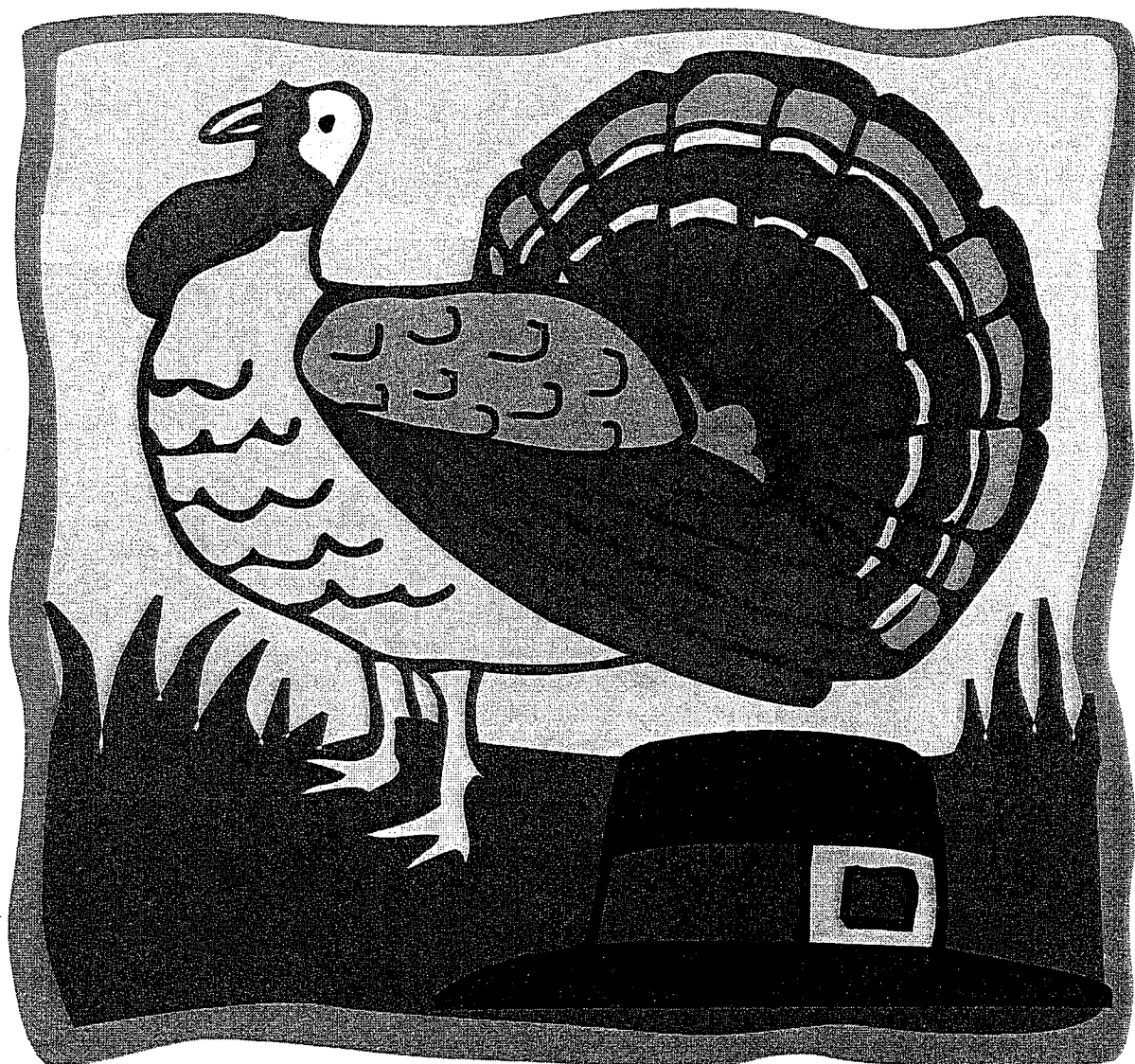


Madison

Alabama

CITY OF MADISON SENIOR CENTER

1282 Hughes Road
Madison, AL 35758
(256) 772-6242



November, 2010



City of Madison

Madison Senior Citizens Center
1282 Hughes Road, Madison, AL 35758
(256) 772-6242 Fax: (256) 464-8435

November, 2010

Hello Everyone!

Well, November is here. Daylight Savings Time ends on November 7th. Don't forget we Fall Back, so adjust your clocks accordingly.

Things are happening fast for me. I'll be retiring on December 1st. I'll be around so I'll still see all the wonderful people who come to the Senior Center.

Don't forget we'll be closed three days in November—Veterans Day November 11th and November 26th and 27th for Thanksgiving.

We're busy getting furnishings for our new addition. We'll let you know when the ribbon cutting will be held.

It also is election time. We will take people to vote who are at the Senior Center and need a ride on Tuesday, November 2nd.

We will also be having an election at our Senior Center the first week of December. It's time for three new people and two alternates to be elected to the Senior Center Council. If you live in the city limits of Madison, you can run for the three open positions and two alternate positions. See one of our present Council members to let them know you'd be interested in running for a three year term.

We have a lot going on in November so please check out your newsletter.

I hope to see you often at your Senior Center in November.

Take care!

Fondly,


Judy Meiers
Director

Helen Townsend Townsend, President, called the Council Meeting to order at 9:15 a.m. and presented the Agenda.

Present were Helen Townsend, Bill Dawson, Joan Dawson, Norma Collum, Peggy Posey, Margene Boutwell, Geraldine Reaves, and sitting in for Director Judy Meiers, was Vickie Parker. Also present was the Madison City Recreation Director Kory Alfred. Council member Rita Coe was absent.

Minutes of the 19 September 2010 meeting were reviewed and one correction was made and the minutes were accepted.

Reports:

Treasurer – The firemen's gift was presented on 17 October. A donation of \$200 was accepted for the Staff Appreciation Day. Norma Collum is accepting donations for Staff Appreciation Day. The current balance is \$199.75.

Sunshine - Ten (10) cards were mailed out as of 21 October 2010.

Social - No activity reported at this time.

IPS - Mayor Finley's luncheon was cancelled in September due to the closing of Oh! Bryan's Restaurant. A new place to meet has not been determined.

Old Business:

Director Kory Alfred stated that 2 windows will be installed in one the rooms in the new addition. New tinted glass front and back doors will installed in our original building that will match the exterior door in the addition..

A date has yet to be determined for the ribbon cutting for the new addition..

The United Way picnic was a complete success with approximately 70 senior citizens and 35 students in attendance.

There are seats still available for the December 10 trip to NightLife Theater in Nashville. Please see Joy to make your reservation for the trip.

New Business:

The Senior Council is accepting nominations for 3 vacancies and 2 alternates for the upcoming year. Bill and Joan Dawson have been named chairpersons of the nominating committee. They will assure that the candidate understand the duties and meets the qualifications for the Council. The election will be held the first week in December.

Officers will be elected at the January meeting.

The American Legion has donated a table to match our current tables for helping with the Trail of Tears T-shirt sale that was held in September.

The Center did not receive the grant money that had been applied for through the Street Festival Committee. The reason given was because of the \$50,000 we have received from Faye Dyer for furnishing our new addition.

Suggestions:

Suggestion made that we need more tables available for the lunch time. This will be done in the future.

Another suggestion was made to wax the area of the floor where the line dancers dance more than once a year. This matter will further investigated to see what can be done.

The American Legion has donated a table to match our current tables for helping with the Trail of Tears T-shirt sale that was held in September.

The Center did not receive the grant money that had been applied for through the Street Festival Committee recently. The reason given was because of the \$50,000 we have received from Faye Dyer for furnishing our new addition.

Activities:

The Life Christian Academy students will be at the center on December 3 to put on a Christmas play. More details will be available in the December newsletter.

On November 19 there will be a retirement party to honor Judy Meiers for her dedication and determination in making the Madison Citizen Senior Council a better place. Thanks from all of us, Judy.

Vickie is still waiting for the availability of a ZoombaGold instructor class in order to teach the classes at our center.

The activity list for November was presented to Council members.

Adjournment: 10 a.m.

Respectfully Submitted,

Joan Morrissey Dawson
Council Secretary

Madison Senior Center November, 2010 Activities

RECREATION

Everyday

8:00am Billiards
9:00am Hand & Foot Cards
Ceramic Classes

Monday

12:00pm Shopping
1:00pm Advanced Line Dancing

Tuesday

10:30am Beginning Line Dancing
12:15pm Bingo
Election Day

Nov. 2

Wednesday

9:00am Sew 'N Tell
10:00am Cribbage
12:00pm Drake St. Regulars
12:00pm Bowling
12:00pm Peek & Speak
12:00pm King/Queen
1:00pm Advanced Line Dancing

Nov. 3

Nov. 3

Nov. 10

Nov. 17

Thursday

8:00am Clothing Exchange
10:30am Beginning Line Dancing
12:00pm Bank
12:15pm Bingo – The Terrace

Nov. 18

Nov. 4 & 18

Nov. 4

Friday

12:15pm Dirty Little Secrets
12:00pm Judy's Retirement Party

Nov. 5, 12

Nov. 19

EDUCATION

Tuesday

9:00am Beginning Computer Class
12:00pm Internet Computer Class
10:15am Spanish with Luis
10:30am Identity Theft – Bethany Weston
Birmingham BBB

HEALTH & WELLNESS

Monday

9:30am E-Z Aerobics – Fit & Fabulous

Tuesday

9:30am Water Aerobics
9:30am Walking at Dublin

Wednesday

9:30am E-Z Aerobics – Fit & Fabulous

Thursday

9:30am Water Aerobics
9:30am Walking at Dublin

Friday

9:30am E-Z Aerobics – Fit & Fabulous
10:45am Blood Pressure Check

VISUAL ARTS

Wednesday

10:15am Art Class

Thursday

12:00pm Oil Painting

Friday

10:00am Miscellaneous Craft

MEETINGS

Tuesday

6:30pm AARP Nov. 9

Thursday

9:15am Senior Council Nov. 18

6:30pm American Legion Nov. 11

PARTY

Thursday

11:00am Thanksgiving Gathering Nov. 24

SENIOR CENTER CLOSINGS

VETERAN'S DAY - Thursday Nov. 11

THANKSGIVING - Thursday & Friday Nov. 26 & 27

Please join us in honoring

Judy Meiers

On her upcoming retirement

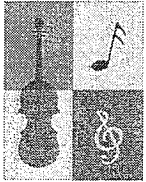
Friday, November 19, 2010

12:00pm

Refreshments will be served

CENTER MISSION STATEMENT

The basic purpose of this organization is to provide a focal point where persons, 60 years of age and older, as individuals or in groups, come together to promote fellowship, services, social activities which enhance their dignity, to support their independence and to encourage their involvement in and with the community.



DRAKE STREET REGULARS

DATE: Wednesday, Nov. 3
TIME: 12:00pm

String and wind ensemble.



BRIDGE

DATE: Wednesdays,
Beginning Nov. 3
TIME: 1:00pm to 3:00pm

We have many who are interested in playing Bridge in the afternoon. There is 1 table of Bridge playing together on Thursday mornings at 9:00am. We're still in the process of painting and getting ready to occupy our new room in the addition to the Senior Center. We will get all those interested in playing Bridge a place of their own.



TRIP TO YOUR BANK

DATE: Thursday, Nov. 4 & 18
TIME: 12:00pm



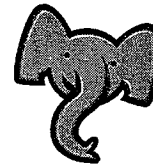
DIRTY LITTLE SECRETS

DATE: Friday, Nov. 5, 12, 19
TIME: 12:15pm

AARP

DATE: Tuesday, Nov. 9
TIME: 6:30pm
Memorial Museum Speaker

The Madison AARP Chapter will have its monthly meeting at the Madison Senior Center. Come at 6:30pm for social time and snacks. The meeting begins at 7:00pm.



WHITE ELEPHANT BINGO

DATE: Wednesday, Nov. 10
TIME: 12:00pm

Bring something to give away at this Bingo.



**THE SENIOR CENTER
WILL BE
CLOSED
THURSDAY,
NOV. 11TH
FOR
VETERANS DAY**



KING/QUEEN FOR A DAY

DATE: Wednesday, Nov. 17
TIME: 12:00pm

You must order your lunch a full week ahead

***Congratulations to Mercedes Crumpton
who was our Queen last month.***



CLOTHING EXCHANGE DAY

DATE: Thursday, Nov. 18
TIME: 8:00am – 11:30am

If you want to clean out your closet and share some of your clothes, this is the time to do it. We do this once a month. Leftovers will be bagged up and given to various local charities. Please do not bring any household items. This exchange is for clothes, shoes, purses and belts.....only.

Folks, when you bring items to the Clothing Exchange...the staff is not on "junque police duty". What you bring is fair game for anyone with no strings attached. Please remember this when you donate items. If you would like your remaining clothes back, please collect them by 11:00am.

SENIOR COUNCIL MEETING

DATE: Thursday, Nov. 18
TIME: 9:15am

The Senior Center Advisory Council meets once a month. If you have any suggestions, please put them in the Suggestion Boxes by the front and back door sign in sheets.. The Council reads them and **takes them into consideration to decide if we can use them at the Senior Center.**

IDENTITY THEFT

DATE: Friday, Nov. 29
TIME: 10:30am

Bethany Weston from Birmingham BBB will be here to talk to us about identity theft. We need to be AWARE.



JUDY'S RETIREMENT PARTY

DATE: Friday, Nov. 19
TIME: 12:00pm

Come wish Judy a happy retirement. Refreshments will be served.



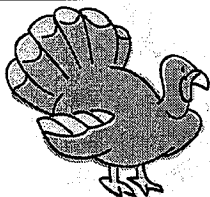
THANKSGIVING GATHERING

DATE: Wednesday, Nov. 24

TIME: 11:00am

If you would like lunch on this day, you must make your luncheon reservation by Monday, Nov. 15th. You may order a lunch by telling Cheryl or call the Senior Center at 256-772-6242.

Sign up sheet for the **party** will be by Joy's office.



**THE SENIOR CENTER
WILL BE CLOSED
THURSDAY,
NOV. 25th
&
FRIDAY,
NOV. 26th
FOR THE
THANKSGIVING
HOLIDAY**

SPANISH CLASS

DATE: Every Monday

TIME: 10:15am

INSTRUCTOR: Luis Morenilla



E-Z AEROBICS **JOY'S FIT & FABULOUS CLASS**

DATE: Every Monday, Wednesday
& Friday

TIME: 9:30am

This is low impact and lots of fun!

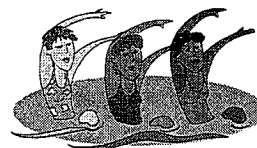


INSIDE WALKING AT DUBLIN PARK

DAY: Tuesdays & Thursdays

TIME: 9:30am to 10:30am

Those interested in signing up for this activity, please let Joy know. Your name **MUST** be on the roster to do this activity, it's a great place to get your exercise when the weather is bad.



WATER AEROBICS AT DUBLIN PARK

**FOR A FRESH WORKOUT, JUST ADD
WATER**

INSTRUCTOR: Joy Edwards

DAY: Tuesdays & Thursdays

TIME: 9:30am to 10:30am

ELIGIBILITY: 60 years plus, also Must live within Madison City Limits.

Those interested in signing up for this activity please let Joy know. You may lap swim, do water aerobics or walk. Your name **MUST** be on the roster to do this class.

If any participant on this list has not participated for 1 consecutive month, then he/she will be removed from the list.

Water is an ideal exercise environment, acting like a cushion to support your body weight. You can get the fitness benefits of running, twisting, hopping and kicking without joint wear and tear.



COMPUTER CLASSES

Vivian Brown is the instructor for Beginner, Publisher and Internet Classes. If you are interested in taking one of these classes, please let Vivian or Joy know which one you are interested in. The classes are every Tuesday and will be completed in 7 weeks.



BEGINNING LINE DANCING

DAY: Tuesdays
TIME: 10:30am

INTERMEDIATE LINE DANCING

DAY: Thursdays
TIME: 10:30am

ADVANCED LINE DANCING

DAY: Mondays at 1:00pm
Wednesdays at 1:00pm



SEW 'N TELL

DATE: Wednesdays
TIME: 12:00pm

WE'VE CHANGED THE TIME HOPING TO ATTRACT MORE STITCHERS.

The stitching group is back due to several recent requests. Bring your own project and join us in the computer lab/conference room for a little bit of stitching and a whole lot of chatting.

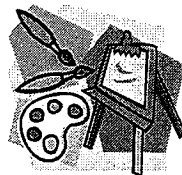


ART CLASS

DATE: Every Wednesday
TIME: 10:15am
INSTRUCTOR: Marie Berry

BEGINNING DRAWING

DATE: Every Wednesday
TIME: 12:00PM
INSTRUCTOR: Marie Berry



OIL PAINTING

DATE: Every Thursday
TIME: 12:00pm

You will purchase your own supplies.

PLEASE BE CONSIDERATE

When we are playing games, having parties, etc., please turn off the ringer on your cell phone. If you must answer your phone, please leave the big room and go outside.

TO OUR VOLUNTEERS

Thanks to all our volunteers for the outstanding job you've done this year. The Senior Center could not operate without our wonderful volunteers. We appreciate all you do.

BEHIND THE



BY SKIP

Anyone can make a pool ball but few can do so with a spirit of good fellowship.

This year's trophy is awarded to a true gentleman, Morris Brooks.

Instruction given Wednesday mornings by appointment. Call Skip at 464-7262.



BLOOD PRESSURE CHECKED

Have your Blood Pressure checked by the firemen at the Madison Senior Center. They come to the Center every Friday at 10:45am. You can also keep track of your weight.

**REQUEST FROM THE SENIOR
ADVISORY COUNCIL**

If you know of someone who is sick, please tell Cheryl. We have missed sending a card to some because of not knowing that they are sick. Please accept our apology if you were sick and didn't receive one. Nevertheless, we always miss seeing you folks when you aren't here. Stay healthy...

MADISON ASSISTANCE PROJECT

In Judy's office, there are twelve 3-ring binders full of information to assist seniors. This information can be read here at the Center or checked out. The information is the same in each of the binders. If you would like to take one home, you must check it out...just like at the library.

**SUPPORT GROUP
FUN, FOOD & FELLOWSHIP**

Widows or Widowers of Alabama is a non-profit group for both men and women who have lost their spouse through death. The main goal is to have wholesome, meaningful activities.

They meet every 2nd Sunday from 2pm to 4pm at Fern Bell Recreation Center located next to Whitesburg Baptist Church at 107 Sanders Road in Huntsville. (Sanders Road starts at Whitesburg Drive and runs west between Whitesburg Baptist Church and Whitesburg Middle School). For more information call Dick Leiby at 880-8461 or Joyce Marler at 883-0402.

TAI CHI & WALK-A-MILE VIDEOS

Any day, any time

This is an exercise program that is very low impact. It tones muscles, improves flexibility and reduces stress.



PERFUME ALERT!

Over the years, some of our seniors have developed allergies to perfume scents. Some get headaches from the scents. Please be considerate when you come to the Senior Center and kindly wear it only when you are in large open spaces.

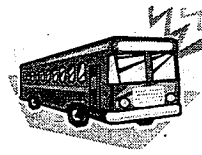
Perfume has long been banned from the Craft Room because of the closeness of the room and also because it is not compatible with some of the paints they use. Lotions and oils leave spots on pieces when fired.

REFERRAL SERVICE FOR HOUSE CLEANERS & SITTERS

HELPING HANDS is a TARCOC program run by the Huntsville Senior Center that provides access to persons wishing to be hired to provide sitter and/or cleaning services. These persons are self-employed and determine their own fees. They are not employees of the Huntsville Senior Center. The program maintains a list of potential employees and is happy to refer someone upon a telephone request. **Anyone wishing to hire a sitter or a cleaner should call Merrietta Wright of the Huntsville Senior Center at 880-7080, Ext. 224.** Potential employees who wish to be referred for work must come in and fill out an application to be included in the referral list. For more information, call Ms. Wright.

THANK YOU!

Thanks to everyone who has brought in items for BINGO and Dirty Little Secrets. We appreciate your generosity.



TRIP POLICY

The City of Madison has a wonderful Senior Center and is pleased to offer our senior citizens a wide variety of activities and programs that are designed to provide opportunities for fellowship with one another and an opportunity to contribute to this community.

We offer activities and programs that are physically and mentally demanding as well as activities and programs that are not. Due to our size and the amount of financial resources available, our programs and activities require that our seniors be able to, without assistance from the Senior Center Staff, address their personal hygiene needs, consume food and drinks that are prepared and served, and minimally communicate with the Senior Center Staff.

With these parameters, the City of Madison is committed to making its Senior Center activities and programs available to all City of Madison seniors. To that end, any request for reasonable accommodation that would better enable you to participate should be made to Ms. Judy Meiers, Madison Senior Center Director, at (256) 830-1576.



TORNADO DRILL

Do you know where to go? The "safe rooms" at the Madison Senior Center are: the men's and women's bathrooms and also the kitchen. We need to be away from windows and outside walls. Our new extension also has a safe room.



FIRE DRILL

In the event we have a fire drill, everyone will be evacuated from the building as fast as possible. We need to get away from the building...so go to the parking lot near the dumpster.

WE LIKE TO HELP

If our 2 phone lines are in use, the answering machine will pick up. Please remember to leave your name. If you forget, we won't know who to help!

ATTENTION!

We now have a Notary at the Senior Center. If you need any documents notarized, please see Richard.

UPDATING MEDICAL INFORMATION

If you've had any change in your medications, or have any allergies, we need to be aware of and would like for us to keep it on file, please bring in a list. This will only be used in case of any emergency.



IF YOU PUT ANYTHING IN THE REFRIGERATOR, YOU NEED TO REMOVE IT BY THURSDAY OF EACH WEEK. FRAN HAS TO CLEAN IT OUT EVERY FRIDAY.

IF YOU BRING YOUR LUNCH FROM HOME & KEEP IT IN THE CENTER'S REFRIGERATOR, YOU MUST EITHER ASK FRAN FOR IT BEFORE 11AM OR AFTER SHE IS FINISHED SERVING LUNCH.

BE CONSIDERATE OF OTHERS

We have many different activities going on at the Senior Center at the same time. Each activity has certain needs and we must allow for each of these needs.

The Line Dancers have nowhere else to go for their classes so if you are playing cards, sewing, engaged in a conversation, etc., you might want to consider moving to a table in the back of the room.

The music must be at a certain level for them to hear the beat. We want the Line Dancers to feel welcome at our Center as well as the people doing other activities.

Perhaps you will be more comfortable if you try sitting in another area away from the music. The Line Dancers have been requested to keep the music at a level that is not too loud for others.

CAUTION!!

One of the table legs collapsed recently and fell on a senior's knee. These tables must NEVER be pushed. We need to lift them in order to move them. Please ask an employee for assistance if a table needs to be moved.

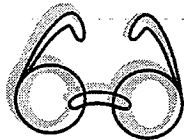
DID YOU KNOW...

We're now on the web! Just go to the City of Madison's website, www.madisonal.gov. On the left side of the screen is a drop down list of all the City departments. Click on the Senior Center & you'll be able to access the current month's special events, calendar & lunch menu.

NOVEMBER ACTIVITIES – WELL ATTENDED

We all had a very good time at these events.

Sunflower Social	63
Seasoned Performers	47
United Way Picnic	55
Scarecrow Trail	10
Employee Appreciation Day	58



EYEGLOSS RECYCLING

Eyeglass recycling is one of the Lions Club most popular activities. Refractive errors can be easily corrected with eyeglasses, yet millions in developing nations lack access to basic eye care services.

AARP is assisting the Lions Club collect old eyeglasses. They will have a box set up at the Senior Center to drop off your old eyeglasses for this good cause.



IF YOU OR YOUR FAMILY WOULD LIKE TO CELEBRATE YOUR BIRTHDAY WITH CAKE &/OR ICE CREAM WITH YOUR FRIENDS AT THE CENTER, THAT WOULD BE WONDERFUL! WE'D LIKE TO SUGGEST YOU PURCHASE CUP CAKES & CUPS OF ICE CREAM. THEY ARE SO MUCH EASIER TO SERVE, ESPECIALLY WITH THE LARGE GROUPS WE HAVE AT THE CENTER.



We have several magazines & newsletters in the lounge dealing with diabetes, arthritis, nutrition & women's health. Feel free to look them over.



ATTENTION SMOKERS

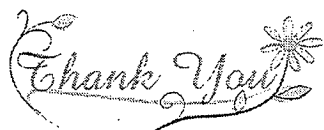
BECAUSE OF THE BUILDING CONSTRUCTION, THE PATIO WILL HAVE TO BE CLOSED. PLEASE GO TO THE FRONT OF THE BUILDING TO SMOKE. DO NOT STAND CLOSE TO THE FRONT DOOR AS THE FUMES COME IN WHEN THE DOORS ARE OPENED.

THANK YOU.



LOOKING FOR DOUBLE DECK PINOCHLE PLAYERS

We are trying to get together a group to play pinochle. If you are interested in playing, please see Vickie or Joy.



THANKS TO ALL OF YOU

The employees would like to thank all of you for our Employee Appreciation Day!

PLEASE REMEMBER....

We have to order lunches on Tuesdays for the following week. So if you are going out of town, have a doctor appointment, etc. Please let Cheryl know so she will not order a lunch for you.



DAY LIGHT SAVINGS TIME

Daylight Savings time ends on Sunday, November 7th. Be sure to set you clocks back on Saturday night so you won't be confused all day.

